



Heritage Center

Heritage Center
#10 E. 6150 S.
801-264-2635
www.murray.utah.gov

The Heritage Center is 55+

April 2013 Supplement

Program Reminders— check at front desk for complete details

- * Trips—Wendover
April 4, Tulip Festival
April 18.
- * Blood pressure & glucose April 4 & 18.
- * Birds of Wetlands
Class April 5.
- * Craft classes include;
Canvas Pillows on
April 8, Quilling on
April 9, Jewelry on
April 29.
- * Attorney Consultations April 10.
- * Podiatrist April 18
- * Driver Safety Class
April 22 at 9:30.
- * Movies Monday at
1:00.
- * Barbershop Tuesdays.
- * Thursday evening
dance at 7:00.
- * Massages on Fridays.
- * Computer lab and
classes available.
- * Exercise classes everyday!

The Living Roots of Music

Lauren Pelon traces the story of music and performs music from around the world on ancient and modern instruments and voice. She will perform in a free concert sponsored by the Murray Cultural Arts Department on

Thursday, April 25 at 11:00 at the Heritage Center. A special taste of food from around the world will be served after the performance and the **cost for the meal is \$5** and tickets need to be purchased in advance. Pelon is a vo-

calist as well, and her original and ancient ballads have been especially appealing to audiences. A



Michigan reviewer wrote, “Lauren Pelon is a showpiece by virtue of her beautiful, fervent voice and her extraordinary talents on an assortment of unusual, but authentic instruments. Meal tickets on sale now.

Savvy Saving Seniors

Learn basic money management and how to avoid scams in this free presentation on **Thursday, April 11 at 10:00**. The presentation will include to parts. Part one will deal with budgeting tips, money management tips and tricks, benefits of banking, budget busters to avoid, and how to find and apply for benefits. Part two will provide an overview of popular scams targeting seniors and tips to avoid being victim of financial fraud. Sign up now.

Wii Wednesdays—Golf, Bowling, Tennis 1:00-2:30

Mother's Day Tea—Tickets on sale April 18

The annual Mother's Day High Tea will be held on **Thursday, May 9 from 11:30-1:00**. The cost is \$6.50 per person and tickets go on sale starting April 18. Choose where you'd like to sit for this “family” style meal.

Plates of food will be brought out to your table and will include bite size tastes of cucumber, chicken, and egg salad sandwiches on a variety of breads, spinach artichoke phyllo cups, stuffed mushrooms, scones, fruit skewers,

lemon bars and lots of tea to sample. Bring your favorite tea cup. Get a group of friends together and reserve your table starting on April 18. Payment must be made at the time you make the reservation.

**April
2013**

Heritage Center Events

Heritage Center

#10 E. 6150 S.
(west of State Street)
801-264-2635

www.murray.utah.gov
heritage@murray.utah.gov

we are here to serve you

Monday-Friday

8:00-4:30 and

Thursday until 10:00 PM



MONDAY

TUESDAY

1

9:00 NIA
9:30 IMC Quilters
1:00 Movie
1:00 Bridge
2:00 Strength Conditioning

2

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:30 Exercise Help
12:45 Crafts
2:00 Beginners Line Dancing

8

8:30 Mountain View
9:00 NIA
9:30 IMC Quilters
1:00 Movie
1:00 Bridge
1:30 Craft/Canvas Pillows
2:00 Strength Conditioning

9

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:45 Crafts
1:00 Quilling
2:00 Beginners Line Dancing

15

9:00 NIA
9:30 IMC Quilters
1:00 Movie
1:00 Bridge
2:00 Strength Conditioning

16

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:45 Crafts
1:00 Quilling
2:00 Beginners Line Dancing

22

8:30 Stonebridge Scramble
9:00 NIA
9:30 IMC Quilters
9:30 AARP Driving Class
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

23

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:45 Crafts
1:00 Quilling
2:00 Beginners Line Dancing

29

9:00 NIA
9:30 IMC Quilters
1:00 Bridge
1:00 Movie
1:30 Craft/Jewelry Class
2:00 Strength Conditioning

30

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:45 Crafts
1:00 Quilling
2:00 Beginners Line Dancing

WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 12:00 Birthday Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge 1:00 Wii Wednesday	<div>4</div> 8:30 Ceramics / Wendover 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure/Glucose 12:00 Lunch 12:30 Mexican Train / Exercise 12:30 Happy Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:15 Weight Watchers 7:00 Dance	<div>5</div> 9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 10:30 Birds of Utah Class 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge
<div>10</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Attorney 11:15 Chair A'Robics 12:00 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge 1:00 Wii Wednesday	<div>11</div> 8:30 Ceramics 9:00 Stretch & Tone 10:00 Savvy Saving Class 10:30 Tai Chi 12:00 Lunch 12:30 Mexican Train 1:00 Square Dancing 2:00 Strength Conditioning 5:15 Weight Watchers 7:00 UTE RC /Dance	<div>12</div> 9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge
<div>17</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Memory Class 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge 1:00 Wii Wednesday	<div>18</div> 8:30 Ceramics 9:00 Stretch & Tone 9:30 Toe Nail Clippings 10:30 Tai Chi 11:00 Blood Pressure/Glucose 12:00 Lunch 12:30 Mexican Train 12:30 Tulip Trip / Happy Hatters 1:00 Square Dancing 2:00 Strength Conditioning 3:30 Jam Session / 5:15 WW 7:00 Dance	<div>19</div> 9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge
<div>24</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge 1:00 Wii Wednesday	<div>25</div> 8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Living Roots of Music 12:00 Living Roots Lunch (\$5) 12:30 Mexican Train 1:00 Square Dancing 2:00 Strength Conditioning 5:15 Weight Watchers 7:00 Dance	<div>26</div> 9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge

Coming in May - National Health & Fitness Day
Wednesday, May 29 - Health Screenings, Fitness Walk
Guest Speaker & Lunch

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Memory in Daily Life

A presentation on Memory in Daily Life will be held on **Wednesday, April 17 at 10:30.** Sommer Thorgusen, a doctoral student in Clinical Neuropsychology at the U of U, will teach the class. Do you wonder how you are able to remember important events or names of family and friends (or why you are so bad at it)? Are you interested in techniques to improve your memory? Humans have an extraordinary array of mental abilities which allow us to learn, remember, and sometimes forget new things that we encounter in everyday life. Inspired by the book "The Seven Sins of Memory" by Daniel Schacter, this class is designed to investigate some of these memory mysteries, how they operate every day, and why they sometimes don't work. Sign up now for this free class.

Tuachan — June 10-13

Travel to Mesquite and the Tuachan outdoor theatre in St. George on Monday, June 10 and return on Thursday, June 13. The cost is \$300 per person for double occupancy or \$375 for a single room. The cost includes: transportation on a chartered bus, baggage service, box lunch enroute to Casa Blanca Hotel & Casino, three night stay with breakfasts, one dinner at the hotel, two dutch oven dinners before the shows at Tuachan, tickets to see the musical Mary Poppins and Andrew Lloyd Webber's Starlight Express. A \$50 deposit will hold your spot until May 10 when final payment is needed or you can pay the full amount now.

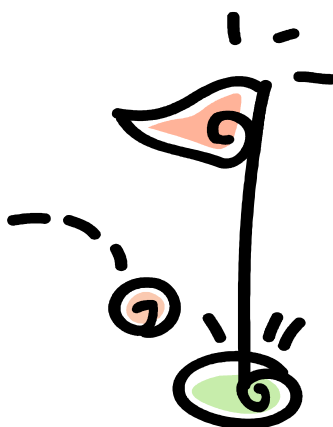
Shredding Event—May 9—10:00-1:00

Shredding Day is back! S.L. County Aging Services will offer free document shredding at the Heritage Center on **May 9 from 10:00-1:00.** The shredding company has been used by Aging Services in the past and they are safe and reputable. This is a free service so get your items ready and bring you sack full of documents anytime between 10:00-1:00 on May 9. A special thanks to Salt Lake County Aging Services.

Golf Season is here! First tournament at Mt. View April 8

The general golf meeting was held on March 25 at 10:30 when golfers signed up for the first 18 hole tournament to be played at **Mt. View on Monday, April 8** with a shotgun start at 8:30. The cost to join the league is \$7 for the yearly start up fee and then golfers pay green fees and cart fees for each individual tournament. The program is for golfers age 55+ who have attained a basic level of golf skills allowing them to play at a pace comparable to the 100

or more players in the 18 hole



Last year, tournaments averaged 102 players

events. Individual tournament fees are paid at least 10 days in advance. For example, payment is taken for the 1st tournament the week of March 25 and must be paid by March 29 (10 days in advance) for the April 8 tournament. A complete schedule with signup and payment dates are available at the front desk. Upcoming tournaments include:

April 8—Mt. View at 8:30

April 22—Stonebridge Scramble at 8:30.

No Lunch Reservations Needed!
Drop by for the regular menu
item listed below or choose the
optional salad, soup, or sandwich.

APRIL 2013

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event
Lunch served at Noon. Purchase tickets from 8:00-12:00 (day of only)
Cost is \$4.00 for persons 55+ Coffee .50

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>No lunch</div>	<div>2</div> <div>PORK STIR-FRY WITH SOBA NOODLES and Sweet Ginger Sauce, Baklava Muffin or Fruit</div>	<div>3</div> <div>HONEY PECAN PORK CHOP Macaroni & Cheese Veggies, Birthday Cake and Ice Cream or Fruit</div>	<div>4</div> <div>BBQ CHICKEN BREASTS Creamy Pasta Salad, Chocolate Cherry Cordial Cookies or Fruit</div>	<div>5</div> <div>MEATLOAF Mashed Potatoes Brussels Sprouts Peanut Butter Cookies or Fruit</div>
<div>8</div> <div>No lunch</div>	<div>9</div> <div>LASAGNA Caesar Salad Breadstick Lemon Napoleons or Fruit</div>	<div>10</div> <div>MUSHROOM & BACON CHICKEN Rice Pilaf & Veggies Oreo Doodles or Fruit</div>	<div>11</div> <div>THAI CHICKEN CROQUETTES Tangled Noodle Salad Coconut Bars or Fruit</div>	<div>12</div> <div>STUFFED PEPPERS Green Salad, Roll Almond Butter Sugar Cookies or Fruit</div>
<div>15</div> <div>No lunch</div>	<div>16</div> <div>PRETZEL CRUSTED CHICKEN Squash Casserole Fruit, Chunky Monkey Bars or Fruit</div>	<div>17</div> <div>POT ROAST Mashed Potatoes & Gravy, Peas Shortbread Bars or Fruit</div>	<div>18</div> <div>CHICKEN ALFREDO Roasted Veggies Strawberry Crunch Cake or Fruit</div>	<div>19</div> <div>HONEY LIME ENCHILADAS Cilantro Salad Tres Leches Cake or Fruit</div>
<div>22</div> <div>No lunch</div>	<div>23</div> <div>SWEDISH MEATBALLS OVER RICE Veggies Oreo Cheesecake Cookies or Fruit</div>	<div>24</div> <div>LEMON HERB TILAPIA Baked Potato Veggies, Vanilla Chip Oatmeal Cookies or Fruit</div>	<div>24</div> <div>FOODS AROUND THE WORLD Moroccan Chicken, South Asian Turmeric Cauliflower, Greek Souvlaki, European Lox Crostini, Chinese Pot Sticker, English Sticky Toffee Pudding, Mexican Horchata and Margaritas</div>	
<div>29</div> <div>No lunch</div>	<div>30</div> <div>CHICKEN CORDON BLEU Roasted Potatoes Veggies Sundaes or Fruit</div>	<div>No options available on Thursday, April 25 when we offer a special meal “Foods from Around The World” - cost is \$5 and advance tickets are needed.</div>		

